



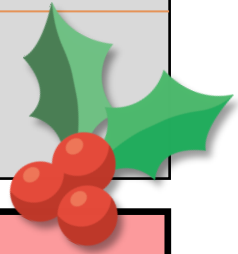
St Paul Regional High School

SCHOOL NEWSLETTER

JANUARY 2024

School Calendar 2023-2024

- **Jan 08**— School Begins
 - **Jan 19**— Last Day of Regular classes
 - **Jan 19**— Marks Update
 - **Jan 22**— Final Core Exams Begin
 - **Jan 25**— Parent Council Meeting @7pm
 - **Jan 31**— Semester 2 Begins
-
- **Feb 02**— PLC Day
 - **Feb 07**— Last Day for Course Changes & Report Cards
 - **Feb 08**— Second Semester Pictures & Sports Photos
 - **Feb 14**— Early Dismissal @2pm
 - **Feb 15 & 16**— Teachers' Convention
 - **Feb 19**— Family Day
 - **Feb 23**— Marks Update
 - **Feb 29**— Parent Council Meeting @7pm
-
- **Mar 01**— PLC Day
 - **Mar 05**— Grade 9 Orientation Night @6:30 pm
 - **Mar 6-8**— Graduation Pictures
 - **Mar 12**— Student Led Conferences 6-8pm
 - **Mar 21**— Parent Council Meeting @7pm
 - **Mar 25-Apr 01**— Spring Break
-
- **Apr 02**— School Begins
 - **Apr 04**— Graduation Picture Retakes
 - **Apr 19**— PLC Day
 - **Apr 25**— Parent Council Meeting @7pm
 - **Apr 26**— Marks Update
-
- **May 14**— Sports Photos
 - **May 16**— PLC Day
 - **May 17**— No School
 - **May 20**— Victoria Day—No School
 - **May 30**— School Council Meeting @7pm
 - **May 31**— Marks Update
-
- **Jun 13**— Last Day of Regular Classes
 - **Jun 14**— PLC Day
 - **Jun 17**— Final Core Exams Begin
 - **Jun 27**— PD Day
 - **Jun 28**— Graduation



THANK YOU

Thank you to everyone who donated to our Santa's Elves program. Your generosity helped bring a smile to many faces this Christmas.

Thank you, as well, to all those who volunteered their time to help organize, wrap and transport gifts.



POWERSCHOOL APP

Looking for access to your students marks, attendance & more?

Log In to your PowerSchool Parent Portal today!

Visit <https://powerschool.sperd.ca/public/>

Call Erin at 780-645-4491 in the office if you are unable to log in for any reason.

FINAL Exams

Diploma Exams and Final Exams for non-diploma courses will take place this month. Please refer to the exam schedule on the back page of this newsletter which can also be found on Powerschool and our Website.

Following the **LAST DAY OF CLASS** on JAN. 19, students need only come to school when they have an exam to write.

Ask your teacher if you are unclear about when you write.



Attendance Phone

text

780 - 614 - 3731

It is the responsibility of the parent or guardian to contact the office to report any absences for a student.

Report Cards



As a reminder to all parents/guardians, after thoughtful consideration, we have transitioned to a new monthly progress report system. This provides a more real-time view of your child’s academic performance compared to the previous model of infrequent report cards.

We highly encourage all parents to sign up for PowerSchool access to stay continually updated on grades and progress. If you need any assistance with PowerSchool, would prefer to receive printed or emailed monthly reports, or have any other questions, please don’t hesitate to contact our front office at 780-645-4491.

Report Cards will still be issued at the end of each term. Semester two(2) begins on Wednesday, January 31, 2024 and **Report Cards for semester one(1) will be distributed during Team XV on February 7, 2024.**

January 2024				
MON	TUES	WED	THURS	FRI
1	2	3	4	5
CHRISTMAS BREAK DEC. 23 - JAN. 30				
8 Chicken Nuggets w/ Fries	9 Mac & Cheese w/ Wieners	10 Chicken Caesar Salad w/ Garlic	11 Ginger Beef w/ Rice & Peas	12 Perogies (12) in Cream
15 Hot Dog w/ Fries	16 Chicken Salad on Pita w/ Lettuce	17 Shepherd's Pie w/ Gravy & Ice Cream	18 Cheeseburger w/ Poutine	19 Taco in a Bag
22 Chicken Strip Wrap w/ Fries	23 Sweet & Sour Pork, Rice & Vegetables	24 Pizza Sub w/ Ice Cream Sandwich	25 Cream of Tomato Soup w/ Grilled Cheese	26 Chicken on a Cloud
29 Burger Special w/ Fries	30 Taco Salad	31 Chicken Burger w/ Fries		

SEMESTER TWO

January 31, 2024

Last day for course changes: February 7, 2024

SPORTS HIGHLIGHTS

SAINTS Curling

Wishing our 4 teams good luck as they compete at the SPAA Curling Championship on January 31 and February 1st!

SPAA St. Paul :

January 30/31

NEASAA Zones Lloydminster:

February 12/13

ASAA Provincials

Drayton Valley:

February 22-24





alberta.exambank.com
Online Practice Exams – Kindergarten to Grade 12

Students can log in to www.exambank.com
Choose *Alberta K-12*
Pick your subject and login
Name: **regional**
Password: **success**

Want to reduce your Exam Anxiety? Exam Taking Preparation

Make sure you practice on sample tests, and ask for suggestions:

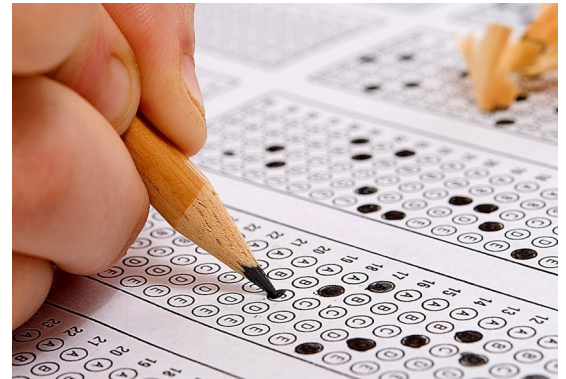
- What to expect on the exam
- What course materials to emphasize
- How to prioritize

DO:

- Plan to rest well the night before
- Plan to arrive early for the exam
- Plan to monitor your time during exam

AVOID:

- Drinking coffee the night before and during the exam
- Anxious or talkative students
- Other people who may disturb your self-confidence, focus and relaxation



CONTROL:

- Wear layers of clothing so you can adjust your need for warmth to cool
- Drink water, chew gum or bring a snack
- Bring pens, pencils, calculators etc.

PLAN:

Check out the room before if possible.

- Where is it located?
- How long does it take to get there?
- Where do you want to sit?
- Is there a clock?
- What is the room temperature?

SCHOOL FEES

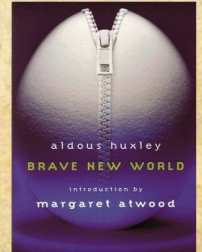
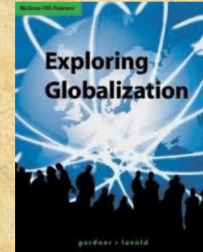
School fees have been calculated and posted online. Updated fees will appear in your Parent/Student Portal.

Fees are payable online through **SCHOOL CASH ONLINE.**

****See page 6 for more information****

WANTED

TEXTBOOKS



A reminder to return your textbooks as soon as you no longer need them. If you need them to study, keep them and bring them to the library on the day of your exam.

Questions? Come see me,
Mrs. Della Laschowski
Learning Commons Facilitator

YEARBOOK

The 2022-2023 Yearbook is READY FOR PICK-UP in the main office!

This year's 2023-2024 yearbook can be ORDERED ONLINE THROUGH LIFETOUCH. Simply scan the code to the right. There is also a link on our school website under the 'students' tab.

BUY A BOOK

\$50.00 each



ID# 14790924

**M, E, N, T, A, L,
H, E, A, L, T, H,
M, A, T, T, E, R, S.**

Cheryl Quinton
Family School Liaison Worker
 quincher@sperd.ca
 780 645-4491



Mental Health Moment

One way to practice self-care and promote wellness is through journaling, there are several different types of journaling styles - daily log, gratitude, reflection, etc.

Here are some examples of a journal prompt:

- How do I feel today?
- What actions did I take today to bring me closer to my goals?
- What can I do to make tomorrow great?

On Bell Let's Talk Day, Bell will donate more towards mental health initiatives in Canada by contributing 5 cents for every applicable text, call, tweet or TikTok video using #BellLetsTalk, social media video view and use of our Facebook frame or Snapchat lens.



1 in 2 people struggling aren't getting the help they need.

Let's change this.



Check out our **SCHOOL STORE** for amazing Saints Swag and Under Armour gear. New stock arriving weekly. Makes GREAT Christmas gifts!

Gift Certificates are also available.

Open daily over the lunch break—located across from the cafeteria.





SchoolCashOnline

SCHOOL CASH

School fees will be accepted using School Cash Online in an effort to minimize traffic in our schools and increase efficiency.

School Cash Online helps parents and community members pay school-related fees safely, quickly and easily.

The new system puts all of the school fees available to your student online for purchase. You can then choose to pay

these fees online through different methods, including credit cards, credit/debit cards and eCheck. You can also stay informed and keep track of which school fees require your attention.

You are able to register – a simple task that takes less than five minutes – by visiting :

<https://sperd.schoolcashionline.com>

(If you do not receive an email verification please check your spam folder.)

Please note: You do not need your child's student number. For security purposes St. Paul Education is not using unique student identification numbers. Please ensure "I do not have the student number" is selected when registering.

Also, upon registration you will be asked if you would like to receive notifications via email. **We strongly encourage you to say yes to this request in order to receive future notification of items available to purchase online.**

1 Create an account

2 Add students

3 Make a payment or complete a form

How to create an account

- Go to <https://sperd.schoolcashionline.com> and click **Register**. You can set a default language at the bottom of the SchoolCash Online site.
 - Type your first name, last name, and email address, and create a password.
 - Select a security question.
 - Select YES to receive email notifications. You will **not** receive any marketing emails. Selecting YES enables the system to send you notifications about school fees and items.
- SchoolCash Online will send you a registration confirmation email. If you do not receive it, check your Spam folder.
- Use your email address and password to log in.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to add a student to your account

- Sign in to SchoolCash Online through <https://sperd.schoolcashionline.com>.
- From the menu at the top of the page, navigate to MY ACCOUNT.
- From the dropdown menu, select My Students.
- Click to add a student.
 - Type in your School Board Name.
 - Select your school name from the list.
 - Enter student details. The system is fully secure, with [PCI certification](#).
 - Click Confirm.

1 Create an account

2 Add students

3 Make a payment or complete a form

How to make a payment or complete a form

- You will be able to view any available items or forms attached to your students that are set up on your account.
- Select the item which you would like to purchase/complete and click "Add to Cart."
- Once you have finished adding items to your cart, click "Continue".

You can pay or submit a form for multiple students' items in one checkout.

SPRHS

CAREER CORNER

Mrs. Morrison Ph: 780-614-7458 morrange@sperd.ca | Mrs. Kotowich-Dubrulle Ph: 780-645-4491 kotosusa@sperd.ca

IMPORTANT DATES

Jan 10: UAlberta entrance scholarship application deadline (students attending Augustana campus or Campus St. Jean can also apply)

Jan 31: Deadline to apply for the UAlberta's Getaway program for grade 11 students

Feb 1: Concordia residence applications open

*** Also NAIT is hosting their program preview days in February and March. Check them out and register before they fill up! Visit

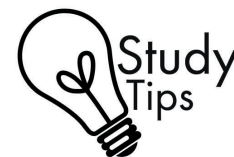
<https://www.nait.ca/nait/admissions/tours-events-and-info-sessions/program-previews>

SCHOLARSHIPS

We have several scholarships available for students to apply for.

- Jan 10: deadline to apply for UAlberta's application-based scholarships
- Feb 29: deadline for Don Mazankowski Scholarships
- Mar 13: deadline for RE/Max Quest for Excellence

More scholarship information can be found on our school website at www.sprhs.ca/students/scholarships and on our school bulletin board by Mrs. Ranger's classroom.



1. Start studying early
2. Find a good study space
3. Study in intervals and take short breaks
4. Put away your phone and other distractions
5. Test yourself
6. Teach others
7. Rewrite and repeat
8. Get a study partner who will keep you motivated
9. Don't forget to eat healthy and get sleep
10. Get help if you don't understand

U OF A GETAWAY

The University of Alberta is looking for 20 lucky grade 11 students to get an opportunity to spend a weekend (May 24-26) on campus, staying in residence, exploring facilities and learning about their 200+ programs. This experience will include transportation reimbursement (depending on location),

GET AWAY TO THE U OF A
like never before...



accommodations, meals and a busy schedule of events. To learn more please visit uab.ca/getaway and apply before January 31st.

Also, the University of Alberta is offering virtual info sessions about various health science programs and careers. Here's a few examples:

HEALTH SCIENCE CAREERS

- Dentistry + Dental Hygiene - Jan 15
 - Dietitian - Jan 17
 - Pharmacy - Jan 23
 - Medicine (Doctor) - Jan 24
 - Medical Lab Sciences - Jan 25
- For more info and to register, visit <https://www.ualberta.ca/admissions/undergraduate/tours-and-events/index.html?>

December 13, 2023

BOARD MEETING HIGHLIGHTS



St. Paul Education

Alberta Education Results Report (AERR)

Trustees passed a motion to approve the Division's Annual Education Results Report. This annual document provides an overview of our progress in advancing the Division's educational priorities and those of the province. The results highlighted in our AERR are used to identify the Division's goals, outcomes and strategies within the annual Education Plan. The full document can be found on our division [website](#).

Research Grant Proposal

The Division is currently participating in research with Grant MacEwan University to promote pathways to post-secondary education for Indigenous students. To continue this work, the Division is pursuing an additional grant opportunity from the federal government. The Board approved a motion supporting the Division's application for the Social Sciences and Humanities Research Council (SSHRC) grant. If successful, the funding will support the Division in working with other partners to identify common learnings and promising practices in education.

2024-25 School Calendar

Trustees reviewed two draft calendars. Calendar A is very similar to the 2023-24 calendar. Calendar B has a full week break in November. Trustees passed a motion to circulate the calendars for feedback in January.

Community Consultations

The Board will begin phase one of the community consultation process by reaching out to parents and school communities. Municipalities will be included in phase two.

Financial Report

Secretary-Treasurer Champagne summarized the results of the 2022-23 audited financial statements approved at the November 23, 2023 meeting. The Division incurred a deficit of \$617,136. This was better than the budgeted deficit of \$1,093,027 and an improvement over the previous year's deficit of \$1,795,306. Division reserves have been drawn down to minimum levels, and the Division needs to continue to align expenses with revenues which are a function of enrolment. Financial statements are posted on the Division's website.

Mallaig School Design

The design committee has explored numerous options and has now settled on a draft schematic layout. The Division is also collaborating with the County of St. Paul to assess the demand for childcare in the Mallaig area and identify a suitable operator. Childcare falls outside the K-12 education mandate, and the Division is actively engaging with various stakeholders to explore viable options.

Family School Liaison Worker Program

Thank you to the Two Hills FCSS and the County of St. Paul for their ongoing financial support of this valuable program for the 2023-24 school year.

Holiday Activities

The Division wishes to express gratitude to staff for their efforts in making Christmas concerts a memorable experience. Dates and times of school concerts are available [here](#). As we prepare for the Christmas break, schools are also working to ensure students and families are aware of the supports available over the holidays. Please visit the Mental Health and Wellness [page](#) on our website for a list of local and provincial resources.

For more information, contact:

Mr. Peter Barron
Superintendent of Schools
barrpete@sperd.ca

Learning Together, Growing Together

ST PAUL REGIONAL HIGH SCHOOL
January 2024 Exam Schedule

Wednesday, January 10	9:00—12:00	English 30-1 Part A (15) English 30-2 Part A (18) French 30 - Part A (21)	Room 29,33,39 Room 230
Thursday, January 11	9:00—12:00	Social St 30-1 Part A (36) Social St 30-2 Part A (28)	Room 29,33,39
Monday, January 22	9:00—12:00	Math 30-1 (15) Math 30-2 (22) <hr/> Social 10-2(26) Social 20-2 (46)	Room 230 Gym
	1:00—3:30	Social 20-1 (63)	Gym
Tuesday, January 23	9:00—12:00	English 30-1 Part B (15) English 30-2 Part B (18)	Room 29,33,39
	9:00—12:00	English 10-1 (43) English 20-1 (16)	Gym
	1:00—3:30	English 10-2 (25) English 20-2 (40)	Gym
Wednesday, January 24	9:00—12:00	Social St. 30-1 Part B (36) Social St. 30-2 Part B (28) <hr/> Math 20-1 (29)	Room 29,33,39 Gym
	1:00—3:30	Math 20-2 (17) Math 20-3 (23)	Gym
Thursday, January 25	9:00—12:00	Biology 30 (30) Math 10C (19)	Gym
	1:00—3:30	Biology 20 (38)	Gym
Friday, January 26	9:00—12:00	Chem 30 (24) Chem 20 (23)	Gym
	1:00—3:30	Science 24 (12) Social 10-1 (34)	Gym
Monday, January 29	9:00—12:00	Science 14 (25) Science 10 (31)	Gym
	1:00-3:30	Physics 20 (25)	Gym
Tuesday, January 30	9:00—12:00	Science 30 (25)	Gym